

# DAY 1

## FULL BODY STRENGTH

(MACHINES ONLY)

3 ROUNDS – 10-12 REPS EACH

LEG PRESS

LAT PULLDOWN

CHEST PRESS

LEG CURL MACHINE

SEATED ROW

CABLE CRUNCH OR  
MACHINE AB CRUNCH



\*START LIGHT TO LEARN FORM.  
REST 60-90 SEC BETWEEN ROUNDS.



# DAY 2

## CARDIO + CORE

**CARDIO: 20-30 MINUTES  
(CHOOSE ONE):**

**TREADMILL  
(WALK/JOG)**

**ELLIPTICAL**

**STATIONARY BIKE**

**CORE CIRCUIT  
(2-3 ROUNDS):**

**PLANK - 30 SEC**

**BICYCLE CRUNCHES - 20**

**RUSSIAN TWISTS - 20 REPS**

**HANGING KNEE RAISES OR  
CAPTAIN'S CHAIR - 10-12 REPS**





# DAY 3

## REST OR ACTIVE RECOVERY

- LIGHT STRETCHING,  
FOAM ROLLING,  
OR WALKING
- OPTIONAL: 15-20  
MIN YOGA SESSION





# DAY 4

## UPPER BODY

(FREE WEIGHTS +  
MACHINES)

**3 SETS - 10-12 REPS EACH**

**DUMBBELL CHEST PRESS**  
(FLAT BENCH)



**SEATED SHOULDER PRESS**  
(MACHINE OR DUMBBELLS)



**ONE-ARM DUMBBELL ROW**



**LAT PULLDOWN** (OR ASSISTED  
PULL-UP MACHINE)



**CABLE TRICEPS PUSHDOWN**

**DUMBBELL BICEP CURLS**



**\*REST 60-90 SEC BETWEEN SETS**



# DAY 5

## LOWER BODY

(FREE WEIGHTS + MACHINES)

3 SETS – 10–12 REPS EACH

GOBLET SQUAT  
(DUMBBELL OR KETTIEBELL)



LEG PRESS MACHINE



WALKING LUNGES  
(WITH OR WITHOUT DUMBBBELL)



LEG CURL MACHINE



CALF RAISE MACHINE  
OR STANDING CALF RAISES



GLUTE KICKBACK  
MACHINE (OR CABLE VERSION)

\*REST 60–90 SEC BETWEEN SETS.



# DAY 6

# REST

**- FULL REST OR OPTIONAL  
STRETCHING/FOAM ROLLING  
PRIORITIZE SLEEP, PROTEIN,  
AND HYDRATION.**



# DAY 7

## FULL BODY

### HIIT

(GYM CIRCUIT)

4 ROUNDS - 40 SEC WORK / 20SEC  
REST

TREADMILL INCLINE WALK  
OR STAIR CLIMBER



KETTLEBELL SWINGS



DUMBBELL THRUSTERS  
(SQUAT TO OVERHEAD PRESS)



JUMP ROPE OR HIGH KNEES



CABLE ROW OR BATTLE  
ROPES (IF AVAILABLE)



PLANK OR DEAD BUG FOR CORE

\*COOL DOWN WITH 5-10 MINUTES OF STRETCHING